



**Deann Ware**

Zip Code: 75230  
Zip Postal: 75230-2766  
Language: English  
Populations Treated: Adults  
Organization: Ware Wellness Group  
Treatment Options: Telehealth, In Office  
Disorders Treated & Specialty: Trauma, Posttraumatic Stress Disorder (PTSD), Panic Attacks/Panic Disorder, Depression, Attention-Deficit/Hyperactivity Disorder, Anxiety, Agoraphobia  
Treatment Methods: EMDR, Mindfulness, Medication Referral, Cognitive Behavioral Therapy (CBT)  
Payment Options: Accepts Credit Cards  
Address1: 5925 Forest Ln  
Address2: Ste 514  
Website: <http://www.deannware.com>  
City: Dallas  
State/Province: Texas  
Country: United States  
Degree: PhD  
Email: [dware@warewellness.com](mailto:dware@warewellness.com)  
Office Phone: (214) 256-9273  
Cell Phone: 214-256-9273  
Professional focus: Psychologist

#### ABOUT

Dr. Ware, licensed psychologist, is experienced in treating many psychological difficulties, including anxiety, stress, trauma, obsessive compulsive disorder, depression, and low self esteem. You may schedule an initial consultation for no charge. During the initial consultation, Dr. Ware will help you define your treatment goals and evaluate whether she is the best psychologist to provide the services you need. Dr. Ware does not accept insurance assignment, but her office will file your insurance claims. Please see Dr. Ware's website at [www.deannware.com](http://www.deannware.com) for more information concerning her practice.

#### TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)  
EMDR  
Medication Referral  
Mindfulness

#### POPULATIONS TREATED

Adults

#### DISORDERS AND SPECIALITIES

Agoraphobia

Anxiety  
Attention-Deficit/Hyperactivity Disorder  
Depression  
Panic Attacks/Panic Disorder  
Posttraumatic Stress Disorder (PTSD)  
Trauma

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#### PAYMENT OPTIONS

Accepts Credit Cards



## ABOUT ANXIETY & DEPRESSION ASSOCIATION (ADAA)

### Looking for a Therapist? ADAA Can Help

ADAA's Find Your Therapist Directory is your trusted resource for connecting with licensed mental health professionals who specialize in treating anxiety, depression, OCD, PTSD, and other related disorders. Each provider listed holds a valid clinical license and brings expertise to support your mental wellness journey.

### If You're Having Trouble Finding a Therapist

If you don't find a match in our directory, we encourage you to:

- Contact your primary care provider
- Check with your health insurance company
- Explore other reputable directories of licensed mental health professionals

Please Note:

- U.S.-based clinicians cannot see clients who reside outside the United States due to licensing laws.
- Clinicians who do not mention insurance participation in their profile do not accept insurance.

**Know that you are not alone, and help is available. If you are in crisis call or text 988 for the Suicide & Crisis Lifeline.**

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*The members in ADAA's Find Your Therapist directory are listed for the sole purpose of helping the public or serving as an ADAA professional member referral.*

*The emails of the therapists cannot be used to contact them for any reason other than requesting mental health services or for an ADAA professional member to reach out to another member to discuss a possible referral. These emails are not to be used to solicit business or promote any products. ADAA reserves the right to take legal action if solicitations occur.*

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## HELPFUL LINKS

**ADAA Website**

<https://adaa.org/>

**Tips and Questions About How to Choose a Therapist That's Right for You**

<https://adaa.org/finding-help/treatment/choosing-therapist>

**5 Tips for How to Know If an Anxiety Therapist Is the Right Fit for You**

<https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/5-tips-how-know-if-anxiety-therapist-right-fit>

**Watch ADAA's Short "What is" Videos on Anxiety, Depression, MDD, PTSD, OCD and more!**

<https://adaa.org/resources-news/from-adaa-experts/videos>

**ADAA's Free Mental Health Webinars**

<https://adaa.org/resources-news/from-adaa-experts/webinars>

**Mental Health Personal Stories**

<https://adaa.org/educational-resources/from-our-community/stories-of-triumph>

**ADAA Free Newsletter Sign Up**

[https://adaa.informz.net/adaa/pages/Triumph\\_Subscribe\\_page](https://adaa.informz.net/adaa/pages/Triumph_Subscribe_page)

**Join a Free ADAA Online Peer-to-Peer Support Community**

<https://adaa.org/find-help/support>

**Meet ADAA's Institutional Members**

<https://adaa.org/professionals/Institutional-Memberships>

**Therapists: Watch ADAA's Find Your Therapist Video and Join the Directory!**

<https://youtu.be/Eq3zOzbfGoU>